



WEEK 2:

Using strong passwords and a password manager

Creating passwords

Using a strong password or a passphrase will help keep you and your data secure. According to [idtheftcenter.org](https://www.idtheftcenter.org), "Studies have found that a password's 'guessability' by hacking software decreases exponentially with every additional character."

Creating something that is easy to remember but hard to guess is key to a successful password. Incorporate a favorite quote, a song title or your favorite sports player into your password and it becomes more complex and difficult to guess.



Storing your passwords

You always hear about creating a secure password, but how do you keep your secure passwords secure? A password manager app can help you remember (or forget) passwords.

A password manager is a secure vault for all your passwords — like a glorified password notebook but a lot more secure! You only have to remember one password, allowing you and your computer to access the rest of your passwords for all your logins. This also means you can (and should!) create different passwords for each account, keeping you ahead of any hackers!

